



Melbourne Massage and Treatment

- Fitness Class November 2025 – Special Offer –

Hi and welcome to **Melbourne Massage and Treatment!**

Before we go into the details of this offer, **congratulations** on taking a step toward your wellbeing journey.

Melbourne Massage and Treatment is a **Clinical Myotherapy and Lymphoedema Clinic** located in **Fitzroy North (3068)**.

I'm **Giovanni**, founder of Melbourne Massage and Treatment (est. 2019). My focus has always been to share knowledge and guidance on how **movement is the key factor for a better life**.

Let's Move On Then!

This **November 2025 Special Offer** includes **10 private 45-minute fitness classes** — a journey into your movement and strength.

Together, we'll focus on three pillars:

- **Mobility** – The capacity of specific joint to make you move in space (Ankle, Hip, Thoracic Spine...) (no, this not flexibility).
- **Stability** – Through out specific exercises we will start focusing on individual muscle group, to build stability around other joints (Knee, Lumbar Spine, Lower Cervical....)
- **Strength** – Strength is a journey, and in these 10 classes I am to give you the basic knowledge needed to achieve a stronger body (*no you would not become bulky*) for a better life.

Who can join the class?

Anyone aged **18 and over** — men, women, beginners, or fitness enthusiasts.

Before starting, we'll discuss your **injury history, goals, and how I can best support you**.

Other (important) things to know.

Package Details

- This offer provides 10 fitness classes at a promotional rate.
- Each class is 45 minutes long.

Terms & Conditions

Eligibility & Transfer

- This offer is valid for **one person only** and **cannot be transferred**.
- Once payment for the package is made, it is **non-refundable and non-transferable**, regardless of attendance.

Payment Terms

- Payment must be made **on Day 1, at the end of the first class**. Payment accepted are Cash or Card Payment.
- If you attend the first class and decide not to take the package, that class will be charged at the **full rate of \$115**.
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Schedule & Expiry

- The 10 classes must be attended within **6 weeks** from the date of purchase.
- After 6 weeks, any unused sessions will **expire** and cannot be credited or extended, unless agreed upon in writing.
- A maximum of **3 appointments per week** is allowed.

Cancellations & Rescheduling

- You may **reschedule 1 class only**, with at least **24 hours' notice**, and still receive a replacement time.
- If you cancel more than once, or fail to attend a booked session, those classes will be **forfeited and non-refundable**.
- If you cannot find a suitable time slot, please **contact me as soon as possible** and I'll do my best to help.
- In the rare event that I (Giovanni) must cancel a class, a **replacement time** will be offered as soon as possible, and that class will **not count** toward your package total.

Availability

- **Times and days** of availability are subject to change.
- To guarantee your preferred slots, please **book in advance**.

Health & Safety

- You are responsible for ensuring you are **physically fit** to participate in fitness activities.
- Any **medical conditions** must be disclosed prior to the first class via the **Initial Consultation Form** provided.
- It is my role (Giovanni) to guide you through your fitness journey based on the findings of the **initial clinical assessment**. You must follow all exercise instructions.
- Any injury resulting from **non-compliance** with instructions will **not** be my responsibility.

Exceptional Circumstances

- In exceptional cases (e.g. illness, injury), extensions or reschedules may be considered **at the instructor's discretion**.

General Terms

- **Prices and terms** are subject to change for future offers; this package reflects the **current promotional rate** only.
- By purchasing or participating in this offer, you acknowledge that you have **read and agreed** to these terms and conditions.

Contact details:

Booking: <http://www.melbournmassageandtreatment.au/booking/#Cliniko>

(For booking, ensure to select a **Fitness Class Offer Time** – a \$1 dollar deposit is taken up to the booking time)

Mail: info@melbournmassageandtreatment.au

Phone: [0449790781](tel:0449790781)

Website Contact Page: www.melbournmassageandtreatment.au/contact